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FOR IMMEDIATE RELEASE

**“Welcome to Wellness” at the Oasis to Offer Students Free Food, Prizes and
Information on Helpful Resources Available at CSUN**

Northridge — The University Student Union (USU) invites all CSUN students to have a healthy and successful year with the rejuvenating resources featured at Oasis Wellness Center. There’s no better way to introduce students to this important information than “Welcome to Wellness”. On Tuesday, Sept. 19 from 11 a.m. to 2 p.m. come down to the Oasis and the adjacent Plaza Pool at the USU to attend this FREE event and learn about the benefits of taking full advantage of everything the Oasis is offering this school year.

“The Oasis has a wealth of resources for students to use and we want to keep everyone informed about everything that is available to them,” said Angela Faissal, Oasis Wellness Center Manager. “We are excited for students to attend ‘Welcome to Wellness’ and take part in all of the fun activities and programs that will give them the information they need to use the Oasis to it’s fullest potential.”

Students can start their journey to wellness at the Oasis entrance where they can pick up their “Welcome to Wellness” passports to collect stamps in and be eligible to win one of two raffle prizes.

There will be range of activities to check out at ‘Welcome to Wellness’ including therapy dogs, craft creations, a trail mix bar, 5-minute massages, a wellness market

and, of course, various information tables for students to learn about the many special features of the Oasis Wellness Center. Attendees can also take a moment to write down their own personal wish for the new school year and display it on the Wellness Wishing Tree.

For more information on “Welcome to Wellness” and the Oasis Wellness Center please visit www.csun.edu/oasis or contact the Oasis at oasis@csun.edu.

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The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit www.csun.edu/usu.